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WHITE AND WHOLE WHEAT BREAD ARE WHOLESOME*

Nutrition Specialists Base Opinions on Dietetic Value of White Bread on Scientific Facts

That white bread is a wholesome food is the opinion expressed by specialists of the department and five nationally known authorities on nutrition problems who were consulted by direction of Secretary Hyde. The views of this group, headed by Dr. A. F. Woods, Director of Scientific Work of the department are expressed in the following statement based on the scientific facts regarding breads made of white flour and of whole-wheat flour:

"White and whole-wheat breads are both wholesome foods. They are among the most important and cheapest sources of energy and protein in the diet. The composition and value in the diet of whole-wheat and white bread vary not only with the difference in the flour used, but also with the amount and character of other added constituents.

"Whole-wheat or graham flours, which contain the bran and germ portion of the grain, have lower bread-making capacity and are more susceptible to spoilage, so cannot be handled as readily commercially. In general, they contain more essential minerals and vitamins and more roughage than white flour.

"No person subsists on one food. Each food should be chosen in relation to the other constituents of the diet. Bread, either white or whole-wheat, is always an economical source of energy and protein in any diet. The form may be left to the choice of the individual when the remainder of the diet is so constituted as to contribute the necessary minerals, vitamins, and any necessary roughage."

Nationally Known Authorities Agree

Those who were consulted in the preparation of the statement are: Dr. R. Adams Dutcher, head, Department of Agriculture Biochemistry, Pennsylvania State College; Dr. E. V. McCollum, professor of chemical hygiene, Johns Hopkins University; Dr. H. C. Sherman, professor of chemistry, Columbia University; Dr. Harry Steenbock, professor of agricultural chemistry, University of Wisconsin; and, from the department, Dr. A. F. Woods, Director of Scientific Work; Dr. Henry G. Knight, chief, Bureau of Chemistry and Soils; N. A. Olsen, chief, Bureau of Agricultural Economics; Dr. Louise Stanley, chief, Bureau of Home Economics; Dr. W. W. Skinner, assistant chief, chemical and technological research, Bureau of Chemistry and Soils; and Dr. C. F. Blanck, in charge, food research division, Bureau of Chemistry and Soils.

"It should be evident," said Doctor Woods, in commenting on the official statement, "that because a particular food lacks a certain vitamin or other important food factor its value is not necessarily thereby seriously reduced in a mixed diet, in which other foods contain the necessary elements. Practically all dietitians nowadays recommend a diversified diet. The American people have available from farms, ranches, and fisheries everything needed for producing a sound body. Those who give out information on food values should be particularly careful not to draw unwarranted conclusions as to food values based on the presence or absence of some particular factor."

